

Strengthened Quality Standards



November 2025



6. Food and nutrition



7. The residential community

Standard 6 is all about Food and Nutrition.

Standard 6 has four Outcomes that cover not only the food and drinks people are expected to be provided, but it is also about the actual dining experience as well. This Standard is also linked to Standard 3 which covers the delivery of food services as both a process and in terms of compliance with legislative obligations regarding food preparation safety, storage and delivery. Whilst the Standard requires food to be provided that reduces the risk of weight loss and malnutrition in residents, it also reinforces the ideology of resident choice. So, whilst residents should have a balanced diet, they can choose not to, and to just have what they like to eat or drink. If the residents choose a diet that is not balanced, the provider is obliged to ensure that they have strategies in place to manage any weight loss that may arise from exercising such choices. Lastly the Standard is about the social elements of eating, be it in a dining room or in their rooms. So, letting residents eat at their preferred place and at their preferred pace.

Standard 7 is about The Residential Community.

Standard 7 has two Outcomes that speak to the elements of daily living and the transition process from home, or other environments to residential aged care. For most residents it is about the process of adjusting to less personal space and environmental differences. Daily living is about the maintenance of social and personal relationships, but also about the need to forge new ones. It is also about maintaining their ability to continue hobbies, or personal interests that they may want to continue, or become involved in activities that are entirely new to them. It is also about managing the transition into a new home and establishing supportive relationships with aged care workers and others who they have not had to rely on previously.

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